



French Friday

- Menu -

Fig and Prosciutto Tartine

Poulet Chasseur (Hunter's Chicken) with Fresh Herbs and Tomatoes

Roasted Garlic Yukon Gold Mashed Potatoes

Chocolate & Espresso Pot de Crème with Fresh Whipped Cream

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Shopping List

Bakery

- 1 baguette

Dairy/Freezer

- 4 ounces goat cheese (or Boursin)
- 12 TB unsalted butter
- 3 cups heavy whipping cream
- 6 egg yolks
- ½ cup sour cream
- ¼ cup milk (or heavy cream)

Pantry

- Salt and pepper
- 4 TB olive oil
- ¼ cup, plus 2 TB all-purpose flour
- 1 cup chicken broth
- 2 TB tomato paste
- 1, 15-ounce can petite diced tomatoes
- 1/3 cup granulated sugar
- 1 TSP vanilla
- ¼ TSP almond extract (optional)
- 12 ounces bittersweet chocolate chips
- 2 TB powdered sugar

Produce

- 2 shallots
- 8 ounces cremini (baby portabella) mushrooms
- 1 bunch Italian parsley

You need two pounds total for the mashed potatoes!

- 1-pound Yukon gold potatoes (or 1-lb Russet)
- 1-pound red potatoes
- 1 head of fresh garlic

Protein

- 1 (4 ounce) package prosciutto
- 6 boneless, skinless chicken thighs

Specialty

- Fig preserves
- 2 TB brandy, you can purchase the little “airplane” size bottle
- ½ cup white wine
- 2 TSP espresso powder

Equipment

Baking

- Rimmed baking sheet
- Small ramekins

Electric

- Hand held mixer

Pans

- Dutch oven
- Large saucepan
- Small saucepan

Tools/Utensils

- Aluminum foil
- Chef's knife
- Cutting board
- Fine mesh sieve
- Ladle
- Measuring cups and spoons
- Mixing bowls
- Pastry brush
- Whisk

Mise en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- I recommend you read through the recipes before class.
- I encourage you to prep and measure out your ingredients so that you will have more time to watch the instruction.
- Set out the goat cheese to soften.

Fig and Prosciutto Tartine

- 1 jar fig preserves
- 1 package sliced prosciutto, cut into shreds
- 4 oz goat cheese (log or spread), softened (alternative Boursin Cheese)
- 1 baguette, sliced on a slight diagonal
- 2 TB olive oil

Place the sliced bread on a large rimmed baking sheet. Using a pastry brush, brush the baguette with olive oil. Toast slightly in 400° oven for 5 minutes.

To assemble: spread the preserves first, then the cheese. Top with shreds of prosciutto.

Poulet Chasseur

Serves 6

6 boneless, skinless chicken thighs
2 TB unsalted butter
2 TB olive oil
¼ cup all-purpose flour
Salt and pepper
2 shallots, finely diced
8 ounces, baby portabella mushrooms, stems removed and caps sliced
2 TB brandy
½ cup white wine
1 cup chicken broth
2 TB tomato paste
1, 15 ounce can petite diced tomatoes
½ TSP Kosher salt
A few grinds of fresh black pepper
¼ cup heavy whipping cream
2 TB butter
2 TB flour
Handful of Italian parsley, chopped for garnish

First, prepare the chicken by salt and peppering both sides of each thigh. Roll each piece in all-purpose flour and set aside.

In a large Dutch oven, heat 2 TB olive oil and 2 TB butter over medium heat. Brown the chicken until golden brown on all sides. Remove the chicken from the pan and place on a large platter.

In the same pan add 1 additional tablespoon of butter. Next add the shallots and mushrooms. Cook for about 3 minutes until the shallots are softened. Carefully add the brandy and with a wooden spoon, scrap the bottom of the pan to release any of the flour that has built up on the bottom. Then stir in the wine, chicken broth, tomato paste, diced tomatoes, salt and pepper. Return the chicken and any accumulated juices back to the pan. Bring the liquid up to a boil. Cover and reduce heat to low. Simmer 20 minutes or until a thermometer reaches 165° when the chicken is pierced. Once the chicken is cooked through add the ¼ cup of cream and stir.

If you desire a thicker sauce... In a small saucepan melt 2 TB of unsalted butter, whisk in 2 TB flour. Let the roux cook for a minute or two. Pour some of the chicken sauce into the roux, stir to combine. Then slowly add the roux to the pot and whisk until smooth. Season with salt and pepper to taste.

Serve with fresh parsley and over a bed of mashed potatoes.

Roasted Garlic Mixed Mashed Potatoes

1-pound Yukon Gold (or 1 pound Russet) and 1-pound red potatoes
1 head of roasted garlic cloves
8 TB cold butter, cubed
½ cup sour cream
¼ cup milk or heavy cream, warmed
salt and pepper to taste

Cut potatoes into cubes and place in a large pot of salted water. Bring salted water to a boil, then reduce the heat and simmer the potatoes until tender, about 12 minutes. Drain. Place potatoes back in the warm pot and place over low heat, allow any moisture to evaporate so the potatoes are dry. Place the potatoes in a large bowl and add the rest of the ingredients. Mash potatoes with potato masher or mix with electric beaters for a smoother texture.

Tips for preparing in advance:

- You can make the potatoes a day ahead. They will tend to dry out so when reheating, add additional butter and milk until creamy and heated through.
- You can also make them the same day, a few hours ahead and keep them warm in a crock pot.

****Short cut**

No time to roast the garlic? Peel a few cloves and throw into the boiling water with the potatoes and mash with the rest of the ingredients.

Tips –

Use cold butter not melted – when melted, the fat and milk solids separate making it harder to incorporate.

Salt the water – just like pasta it adds another layer of seasoning

½ and ½ - I use ½ waxy potatoes like red for the extra sugar and higher moisture and then ½ starchy potatoes like a Russet

Oven Roasted Garlic

1 head of garlic
1 1/2 TB olive oil

Preheat oven to 400°. Remove outer skin layers of garlic bulb, leaving each individual skin of the cloves intact. Using a sharp knife, cut off the top of the bulb, exposing the cloves. Place each bulb on a small sheet of aluminum foil and drizzle with olive oil. Cover them completely with the foil making a folded packet and place on a baking sheet. Bake for 30 -35 minutes. Remove and let cool slightly. Once they are cooled you can squeeze out the garlic cloves.

Chocolate and Espresso Pot de Crème

2 cups heavy whipping cream
1/3 cup granulated sugar
1 TSP vanilla
¼ TSP almond extract (optional)
6 egg yolks
12 ounces bittersweet chocolate chips
½ cup boiling water
2 TSP espresso powder

Whisk the 6 egg yolks together in a heat-proof bowl and set aside.

In a medium size saucepan, combine the whipping cream, sugar, vanilla and almond extracts. Bring the mixture to a boil over medium heat, stirring occasionally. Turn off the burner.

Next you will temper* the eggs. Ladle some of the boiled milk mixture into the egg yolks, whisking constantly. Turn the heat back on to medium and return the saucepan of milk to the burner. Pour the yolk and milk mixture into the saucepan while stirring constantly. Cook about 20 seconds. The milk will be slightly thickened.

Pour the milk through a fine mesh strainer into a bowl (this is to capture any pieces of egg that may have cooked). Add the chocolate and whisk until no lumps remain.

Mix the boiling water and espresso together in a small bowl.

Pour the espresso into the chocolate mixture. Whisk the coffee and chocolate mixture until smooth. Pour about 2 ounces of the chocolate mixture into small ramekins or espresso cups. Chill about 30 minutes. Top with whipped cream.

Whipped cream

½ cup heavy whipping cream
2 TB powdered sugar, sifted

With a handheld mixer, mix the cream on medium high until soft peaks form. Add the powdered sugar and continue to blend until firm peaks form. Use as garnish.

*Tempering – This means to add a hot liquid to eggs and bringing the temperature up slightly of the eggs so as to prevent them from “scrambling” instead of being incorporated.